



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 15019, Fish, cod, Pacific, raw (may have been previously frozen)

Report Date: June 25, 2017 18:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	83.95	--	0.627	80.93	87.25	10.0	82.549	85.345	1	Analytical or derived from analytical	--	07/2010
Energy	kcal	69	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	288	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein ¹	g	15.27	--	0.823	11.13	19.06	10.0	13.438	17.108	1	Analytical or derived from analytical	--	07/2010
Total lipid (fat) ¹	g	0.41	--	0.037	0.12	0.59	10.0	0.327	0.49	1	Analytical or derived from analytical	--	07/2010
Ash ¹	g	1.46	--	0.116	1	1.93	10.0	1.205	1.724	1	Analytical or derived from analytical	--	07/2010
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Glucose (dextrose) ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fructose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Lactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Maltose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Galactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Starch 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Minerals													
Calcium, Ca 1	mg	8	--	0.913	5	15	10.0	6.075	10.143	1	Analytical or derived from analytical	--	07/2010
Iron, Fe 1	mg	0.16	--	0.029	0.07	0.43	10.0	0.1	0.228	1	Analytical or derived from analytical	--	07/2010
Magnesium, Mg 1	mg	20	--	3.037	10	44	10.0	12.887	26.422	1	Analytical or derived from analytical	--	07/2010
Phosphorus, P 1	mg	281	--	31.341	169	413	10.0	211.169	350.831	1	Analytical or derived from analytical	--	07/2010
Potassium, K 1	mg	235	--	34.824	109	376	10.0	157.863	313.046	1	Analytical or derived from analytical	--	07/2010

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Sodium, Na 1 a	mg	303	--	65.585	64	573	10.0	157.112	449.379	1	Analytical or derived from analytical	--	07/2010
Zinc, Zn 1	mg	0.31	--	0.016	0.24	0.4	10.0	0.279	0.35	1	Analytical or derived from analytical	--	07/2010
Copper, Cu 1	mg	0.019	--	0.001	0.02	0.03	10.0	0.018	0.021	1	Analytical or derived from analytical	--	07/2010
Manganese, Mn 1	mg	0.012	--	0.001	0.01	0.02	10.0	0.01	0.014	1	Analytical or derived from analytical	--	07/2010
Selenium, Se 1	µg	22.9	--	1.183	19.6	34	10.0	20.218	25.491	1	Analytical or derived from analytical	--	07/2010
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Thiamin 1	mg	0.033	--	0.005	0.02	0.04	3.0	0.017	0.048	1	Analytical or derived from analytical	--	07/2010
Riboflavin 1	mg	0.045	--	0.009	0.02	0.06	3.0	0.017	0.073	1	Analytical or derived from analytical	--	07/2010
Niacin 1	mg	1.095	--	0.352	0.11	1.65	3.0	-0.025	2.215	1	Analytical or derived from analytical	--	07/2010
Pantothenic acid 1	mg	0.294	--	0.087	0.15	0.49	3.0	0.018	0.57	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.117	--	0.014	0.08	0.15	3.0	0.072	0.161	1	Analytical or derived from analytical	--	07/2010
Folate, total	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	65.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12 ¹	µg	1.98	--	0.378	0.92	2.7	3.0	0.776	3.182	1	Analytical or derived from analytical	--	07/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Retinol ¹	µg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol) ¹	mg	0.54	--	0.049	0.41	0.63	3.0	0.387	0.698	1	Analytical or derived from analytical	--	07/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Tocopherol, gamma ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Tocopherol, delta ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Vitamin D (D2 + D3) ¹	µg	0.5	--	0.123	0.2	0.7	3.0	0.092	0.873	1	Analytical or derived from analytical	--	07/2010
Vitamin D3 (cholecalciferol) ¹	µg	0.5	--	0.123	0.2	0.7	3.0	0.092	0.873	1	Analytical or derived from analytical	--	07/2010
Vitamin D ¹	IU	20	--	4.946	6	30	3.0	3.766	35.244	1	Analytical or derived from analytical	--	07/2010
Vitamin K (phylloquinone) ¹	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Lipids													
Fatty acids, total saturated	g	0.085	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

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4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1994
6:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
8:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1994
12:0 ¹	g	0.001	--	0.000	0	0	10.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2010
14:0 ¹	g	0.003	--	0.000	0	0.01	10.0	0.003	0.004	1	Analytical or derived from analytical	--	07/2010
15:0 ¹	g	0.001	--	0.000	0	0	10.0	0.001	0.001	1	Analytical or derived from analytical	--	07/2010
16:0 ¹	g	0.057	--	0.005	0.03	0.08	10.0	0.046	0.068	1	Analytical or derived from analytical	--	07/2010
17:0 ¹	g	0.001	--	0.000	0	0	10.0	0.001	0.001	1	Analytical or derived from analytical	--	07/2010
18:0 ¹	g	0.021	--	0.001	0.01	0.03	10.0	0.018	0.024	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 ¹	g	0.000	--	0.000	0	0	10.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
22:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
24:0 ¹	g	0.000	--	0.000	0	0	10.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total monounsaturated	g	0.073	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
14:1 ¹	g	0.001	--	0.000	0	0	10.0	0.001	0.001	1	Analytical or derived from analytical	--	07/2010
15:1 ¹	g	0.002	--	0.001	0	0.01	10.0	--	0.004	1	Analytical or derived from analytical	--	07/2010
16:1 undifferentiated ¹	g	0.004	--	0.000	0	0.01	10.0	0.003	0.005	1	Analytical or derived from analytical	--	07/2010
16:1 c ¹	g	0.004	--	0.000	0	0.01	10.0	0.003	0.004	1	Analytical or derived from analytical	--	07/2010
16:1 t ¹	g	0.001	--	0.000	0	0	10.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
17:1 ¹	g	0.014	--	0.006	0	0.06	10.0	0.001	0.026	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated ¹	g	0.042	--	0.004	0.02	0.06	10.0	0.032	0.051	1	Analytical or derived from analytical	--	07/2010
18:1 c ¹	g	0.039	--	0.004	0.02	0.06	10.0	0.03	0.048	1	Analytical or derived from analytical	--	07/2010
18:1 t ¹	g	0.002	--	0.000	0	0	10.0	0.002	0.003	1	Analytical or derived from analytical	--	07/2010
20:1 ¹	g	0.005	--	0.001	0	0.01	10.0	0.003	0.008	1	Analytical or derived from analytical	--	07/2010
22:1 undifferentiated ¹	g	0.001	--	0.000	0	0	10.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
22:1 c ¹	g	0.001	--	0.000	0	0	10.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
22:1 t ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
24:1 c ¹	g	0.004	--	0.000	0	0.01	10.0	0.003	0.004	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total polyunsaturated	g	0.164	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:2 undifferentiated ¹	g	0.017	--	0.003	0.01	0.03	10.0	0.01	0.023	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 n-6 c,c ¹	g	0.015	--	0.003	0	0.03	10.0	0.008	0.021	1	Analytical or derived from analytical	--	07/2010
18:2 CLAs ¹	g	0.000	--	0.000	0	0	10.0	--	--	1	Analytical or derived from analytical	--	07/2010
18:2 t not further defined ¹	g	0.002	--	0.001	0	0.02	10.0	-0.001	0.005	1	Analytical or derived from analytical	--	07/2010
18:3 undifferentiated ¹	g	0.001	--	0.000	0	0	10.0	0.001	0.001	1	Analytical or derived from analytical	--	07/2010
18:3 n-3 c,c,c (ALA) ¹	g	0.001	--	0.000	0	0	10.0	0.001	0.001	1	Analytical or derived from analytical	--	07/2010
18:3 n-6 c,c,c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
18:4 ¹	g	0.000	--	0.000	0	0	10.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
20:2 n-6 c,c ¹	g	0.001	--	0.000	0	0	10.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
20:3 undifferentiated ¹	g	0.002	--	0.000	0	0	10.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2010
20:3 n-6 ¹	g	0.001	--	0.000	0	0	10.0	--	0.002	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated ¹	g	0.008	--	0.001	0	0.01	10.0	0.006	0.01	1	Analytical or derived from analytical	--	07/2010
20:5 n-3 (EPA) ¹	g	0.034	--	0.004	0.02	0.05	10.0	0.026	0.042	1	Analytical or derived from analytical	--	07/2010
22:4 ¹	g	0.001	--	0.000	0	0	10.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
22:5 n-3 (DPA) ¹	g	0.004	--	0.000	0	0.01	10.0	0.003	0.005	1	Analytical or derived from analytical	--	07/2010
22:6 n-3 (DHA) ¹	g	0.096	--	0.007	0.06	0.14	10.0	0.082	0.111	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total trans	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total trans-monoenoic	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Cholesterol ¹	mg	47	--	3.819	36	54	3.0	34.721	59.029	1	Analytical or derived from analytical	--	07/2010
Amino Acids													
Tryptophan ¹	g	0.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Threonine ¹	g	0.658	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Isoleucine ¹	g	0.679	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine 1	g	1.211	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Lysine 1	g	1.399	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Methionine 1	g	0.418	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Cystine 1	g	0.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Phenylalanine 1	g	0.595	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Tyrosine 1	g	0.553	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Valine 1	g	0.731	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Arginine 1	g	0.982	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Histidine 1	g	0.324	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Alanine 1	g	0.877	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid ¹	g	1.525	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Glutamic acid ¹	g	2.297	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Glycine ¹	g	0.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Proline ¹	g	0.512	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Serine ¹	g	0.647	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1994
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12d, 2008 Beltsville MD

Footnotes

^a Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 109 mg sodium/100g.